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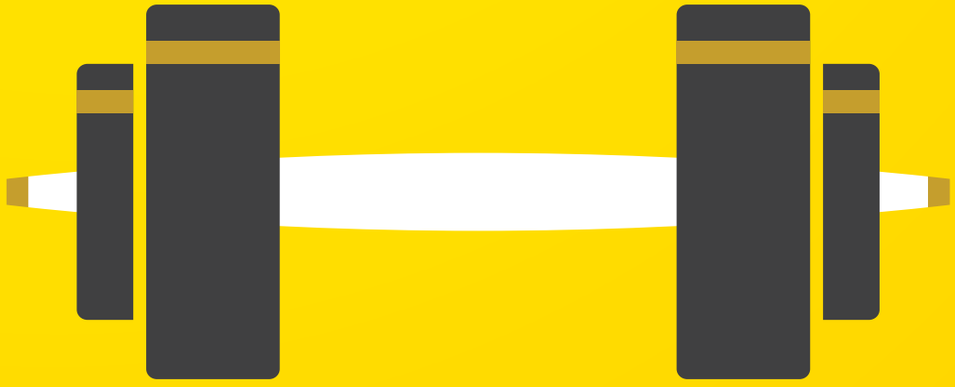

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Heavens open on the Prairies

Deluge of rain causes widespread flooding in eastern Saskatchewan and western Manitoba PAGE 8

It's time to bust out the tin foil

If we're all just Internet-age lab rats, then Facebook is holding the clipboard PAGE 11

THE U.S. WOULD NOT GO QUIETLY ...

HE MADE THE MOST SAVES IN WORLD CUP HISTORY, BUT TIM HOWARD COULDN'T BEST THE BELGIANS, WHO LOOK FORWARD TO A QUARTER-FINAL DATE WITH ARGENTINA PAGE 21

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PATRIOTIC CROWD

Thousands of people attend Canada Day celebrations across Calgary on Tuesday, including the throng seen here on Stephen Avenue in the early afternoon. The country's 147th birthday saw celebratory events of all kinds in Alberta's largest city, including family-friendly fun at Olympic Plaza, a "human flag," an outdoor evening concert on Riverfront Avenue, and fireworks at night from the Centre Street Bridge. See story, page 4. ROBSON FLETCHER/METRO

Hefty reward planned as trio still missing

Investigation continues. Few clues as search for trio enters third day

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Alvin Cecil Liknes, left, his wife Kathryn Faye Liknes and grandson Nathan O'Brien were all reported missing Monday morning. Police have few clues as to where they may be. COURTESY CALGARY POLICE

Family members of a missing Calgary youngster and his grandparents say they're mulling a hefty reward for information they hope brings the trio home as an Amber Alert remained in effect Tuesday.

Rod O'Brien, father of five-year-old Nathan O'Brien, who is missing along with grandparents Alvin and Kathryn Liknes, provided a few details of the offering to Metro in an online conversation.

"(I) can't confirm (the) exact dollar amount, estimated $100,000," the distraught father wrote, adding the amount — at least initially — was being provided by him and his wife, Jen.

O'Brien confirmed the reward would be formally made public Wednesday, but didn't respond to requests to discuss it further over the phone.

A police representative said over email late Tuesday that many strategies were being considered to spur information, including a reward, but said nothing had been finalized.

O'Brien's offer came after a second day with no sign of Nathan and his grandparents.

Forensic investigators combed the Liknes residence in the 100 block of 38A Avenue SW for much of the day.

Nathan had been dropped off there for a sleepover, but when his mother returned to retrieve the boy around 10 a.m. Monday she found the house empty.

Investigators have said there's evidence that the trio didn't leave the home of their own volition, but provided few specifics on what exactly was found inside.

Duty Insp. Keith Cain said in an interview it may very well take a pivotal tip from the public to uncover their location.

"The bottom line is that we're going to need the assistance of the public," he said Tuesday afternoon. "Hopefully somebody remembers something from the weekend or from Monday. Maybe they heard something. We have a big mystery on our hands right now."

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Macleod Trail. Speed, alcohol factors in fatal crash: Police

Calgary police say a man killed in an early-morning collision was likely under the influence of alcohol, was speeding and wasn't wearing a seatbelt.

Saloman Cardona-Gallego, 24, suffered life-threatening injuries after the BMW 323i he was operating northbound on Macleod Trail left the road, striking a fence, light pole and two trees before coming to a rest on its roof, according to police.

The Calgary Fire Department extinguished a blaze that broke out in the crashed car.

As the car careened off course, Cardona-Gallego was ejected from the vehicle, said police Duty Insp. Keith Cain.

"He was rushed to hospital but died a short time later," Cain said, adding, "There was a passenger in the vehicle also who was wearing his seatbelt and he escaped with minor injuries."

Northbound lanes of Macleod Trail were shut for five hours while police investigated Tuesday morning. METRO

Federal politics

Tories win Alberta by-elections, but Liberals gain ground in north

The federal Conservatives' foothold on Alberta held firm on Monday, with maybe just a toe slipping off the perch in the riding of Fort McMurray-Athabasca.

The Tories won both that northern riding and the southern constituency of Macleod in federal by-elections, but bolstered by three visits from party leader Justin Trudeau, the Liberals gained significant ground in the oilsands capital.

In the southern Alberta riding of Macleod, John Barlow, who as a provincial Tory came within 2,000 votes of beating Wildrose Leader Danielle Smith in Alberta's last election, officially made the move from newspaper editor to professional politician with an easy victory over his closest competitor, Liberal Dustin Fuller.

THE CANADIAN PRESS

Originally from Cochrane, Mason Raymond will be returning to Alberta to play with the Flames after spending his last season in Toronto. FRANK GUNN/THE CANADIAN PRESS

Raymond and Hiller get a warm welcome

Fresh blood. Forward and goalie deals lauded by Flames fans

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary Flames fans were largely encouraged by the team's acquisition of forward Mason Raymond and goaltender Jonas Hiller Tuesday.

"I like the moves so far," Jeremy Schick said while watching a flurry of activity on the NHL free-agency market, adding that Raymond "has speed and can put the puck in the net" and is "the type of player I want on the Flames."

The 28-year-old winger had 19 goals and 26 assists in 82 games with the Toronto Maple Leafs last season.

Originally from Cochrane, Raymond said family was a major consideration in his decision to sign with the Flames.

The Flames also signed goalie Jonas Hiller from the Anaheim Ducks, something Jefri Hiebert described as a "great move" for the team.

"I think the goal is to have a roster of players that are eager to prove themselves and bring the team up as a whole," Hiebert said.

Flames fan LaToya Wilson echoed that.

Quoted

"I like what the Flames have done so far but it's too soon to tell how things will go next season. They still have a lot of work to do."

LaToya Wilson, Flames fan
on the team's new roster additions

"Hiller is a great deal!" she said. "He struggled of late with Anaheim but he's a proven goaltender and I think he and (Flames goalie Karri) Ramo will make a good team."

Reaction was more mixed on veteran former Flame Mike Cammalleri signing with the New Jersey Devils Tuesday.

Hiebert said he was "sad to see our goal leader go."

Chris Ferneyhough wasn't shedding any tears over the loss of the "injury-prone" left-winger, however.

"I always thought Cammalleri was overrated," he said. "Cammalleri is pretty one-dimensional and he's getting on in years."

Overall, Ferneyhough added, Tuesday's "smart moves" have the Flames "going in the right direction."

Murder victim's father believes many guilty parties remain free

Six men have now been charged in a savage 2013 Calgary alleyway murder, but the victim's father believes twice as many were actually involved in the fatal beating and says it's "sickening" that they're still free.

Lukas Strasser-Hird was beaten and stabbed on Nov. 23 in a southwest Calgary alley after a previous confrontation inside a nearby nightclub. He was rushed to hospital but pronounced dead a few hours later.

Police have laid a first-degree murder charge against 19-year-old Nathan Gervais, second-degree murder charges against four others and assault against a sixth suspect last month. The assault charge specifically will be read into court Wednesday.

But Strasser-Hird's father, Dale Hird, said that based on witness and police accounts he believes up to 15 attackers swarmed his son that night.

"Knowing that people kicked and stabbed my son to death while probably howling like hyenas is sickening; knowing they are walking the streets free to do whatever they want is hell on Earth," he said.

Hird said police have indicated to him that no further charges will be laid, but police Staff Sgt. Colin Chisholm didn't rule out the possibility in an interview with Metro.

"These cases are never closed," he said. "If we obtain new evidence to support further charges against additional individuals, we'll definitely be consulting with the Crown and, if appropriate, we'll be laying more charges."

Hird has turned to social media in recent months in hopes of keeping his son's murder in the public spotlight. He admits he's been critical of police efforts to date and said, as a result, he rarely communicates with investigators. JEREMY NOLAIS/METRO

Bid chair Reg Miley, Alberta culture minister Heather Klimchuk and Edmonton mayor Don Iveson show off the logo for the city's Commonwealth Games bid.
RYAN TUMILTY/METRO IN EDMONTON

Canada Day announcement

Edmonton moves forward with bid for Commonweatlh Games in 2022

The city used Canada's birthday to unveil the team that hopes to deliver the gift of a Commonwealth Games to Edmonton in 2022.

Edmonton Mayor Don Iveson revealed that Reg Miley, former CEO of the Edmonton Airport Authority, is going to front a team dedicated to securing the games.

Also unveiled was the logo for the city's bid.

Iveson said after hosting a string of smaller-scale events, it's time for the city to jump onto the international stage.

"Edmonton has really been building towards a great multi-sport tournament like this," he said.

The bid committee will also include city manager Simon Farbrother, Candice Stasynec of Edmonton events, Edmonton tourism vice president Maggie Davidson, and Lloyd Benz of the provincial government.

Four members of Commonwealth Games Canada, including John Stanton from the Running Room, will also be part of the bid.

Miley said the bid committee will be going to the upcoming games in Glasgow, as the first step toward securing a bid.

RYAN TUMILTY/METRO IN EDMONTON

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Ken Huish is ready to teach all comers how to play the traditional Chinese game mahjong at the Canada Day celebrations. KEN VAN DE WALLE/FOR METRO

Celebrating Canada Day in style with a street fair

National pride.
A free street fair showcases Calgary's multiculturalism with an array of entertainment

KEN VAN DE WALLE
calgary@metronews.ca

Thousands of Calgarians celebrated their national pride Tuesday with Canada Day celebrations around the city.

For many there was no better way to show their love of country than at the Chinatown Street Fair, just one of the events held downtown.

"I think it's great. The commonality we have is the Canadian culture, but everyone has their own background and where they come from," said Ken Huish, an attendee at the festival. Huish was teaching others how to play the Chinese game mahjong.

The street fair at 3 Avenue and 1 Street SE was a free Canada Day celebration with activities for the entire family, such as live music, a car show, face painting, art lessons and dancing.

"They invited me to come down and I was quite happy to do this," said Huish about his participation at the street fair on Canada Day. "I thought it would be a great way of sharing Canadian culture with other immigrant cultures."

The festivities showed off Calgary's multiculturalism, with musicians such as Diane Lindsay singing in multiple languages, including Cantonese, to entertain a variety of guests.

Other performers, like Jone Shakka, brought in their own unique dance style to entertain the masses.

Volunteers helped set out umbrellas and tables in the street so that celebrating Canadians could rest, get out of the hot sun, and dine on the variety of foods that were available to them.

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U.S. fans put Canada Day on hold over World Cup contest

Rare shot at glory.
Last time U.S. made it through the Round of 16 was back in 2002

ROBSON FLETCHER
robson.fletcher@metronews.ca

Belgian fans at the Ship and Anchor Pub rejoice as American fans, including Ryan Pelzel at the far left in the front row, grimace at Belgium's first goal in extra time. ROBSON FLETCHER/METRO

Interspersed with random renditions of O Canada at Calgary's Ship and Anchor Pub on Tuesday were occasional outbursts of "U.S.A.! U.S.A.!" as the American men's team vied for a berth in the World Cup quarter finals.

"We love the U.S.A.! Go U.S.A.!" said Ryan Pelzel, who moved to Calgary from Houston, Texas, about a year ago for work.

Pelzel and a group of fellow American soccer fans had staked out prime seats on the Ship's patio, in front of one of the high-definition televisions broadcasting the World Cup match between Belgium and the U.S.A.

The last match of the Round of 16 saw the teams knotted at 0-0 after 90 minutes of regular time, largely thanks to a series of spectacular saves from American keeper Tim Howard.

"Howard's off the hook," Pelzel said as the game went into extra time. "Without the goalie, I don't know what would happen.... He's probably played the best game he's played all tournament."

American hopes were dampened early in extra time, however, as Belgium's Kevin De Bruyne scored just three minutes in, eliciting applause from about half the crowd at the Calgary pub and groans from the other half.

Phil Majcan was among those cheering the Belgians. An Argentina fan primarily, he said he was more rooting against the Americans than for their rivals.

"For this game, I just wanted to see the U.S.A. not go through," Majcan said, conceding that the U.S. team "has a really strong defence, which has kept them in it."

A second Belgian goal 12 minutes later appeared to seal the Americans' fate, but Julian Green, the youngest U.S. player, scored in the 107th minute, setting up a dramatic finish.

The Americans found the equalizer of a free kick in the 114th minute but were stopped by a point-blank save from Belgian goalkeeper Thibaut Courtois.

Even in defeat, Pelzel and his friends high-fived opposing fans.

"It's great," he said of the soccer atmosphere at the pub. "The Ship's awesome."

$50-million bill

2013: A Calgary Stampede miracle

The fact that organizers managed to pull off the 2013 Calgary Stampede is cited as one of the massive achievements of Alberta's flood recovery.

But Warren Connell, vice-president of park development with Stampede, said many don't realize just how close they came to cancelling.

"If the flood had been two days later, we wouldn't have been open in time," Connell said.

The Stampede grounds was one of the hardest-hit areas, only two weeks from the July 5 opening parade. The water was three metres deep in the rodeo infield and lapped at the tops of the barns. Contaminated sludge left behind was up to a metre deep in some areas.

Connell said officials were on the phone the night the water peaked, attempting to get companies to fly in with their equipment and personnel.

But with so much devastation throughout Alberta, he said it was "critical" not to take resources away from other places that needed help.

"We had crews come down that were actually constructing the new (Calgary airport) runway," he recalled. "The province of Alberta had eight different highway projects shut down and all of those contractors ... came down to help us." THE CANADIAN PRESS

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Court upholds France's ban on veils

The European Court of Human Rights on Tuesday upheld France's law banning face-covering Muslim veils from the streets, in a case brought by a woman who claimed her freedom of religion was violated.

The ruling by the Strasbourg-based court was the first of its kind since France passed a law in 2010 that forbids anyone to hide his or her face in an array of places, including the street.

The court's Grand Chamber rejected the arguments of the French woman in her mid-20s, a practising Muslim not identified by name. She said she doesn't hide her face at all times, but when she does, it is to be at peace with her faith, her culture and convictions. She stressed in her complaint that no one, including her husband, forced her to conceal her face — something of particular concern to French authorities..

Face-covering fine

150

Number of euros ($218) anyone who covers their face can be fined under French law — or they can be sent to a citizenship class.

The court ruled that the law's bid to promote harmony in a diverse population is legitimate and doesn't breach the European Convention on Human Rights.

Critics contend the law targets Muslims and stigmatizes Islam. France has the largest Muslim population in Western Europe, estimated at five million, THE ASSOCIATED PRESS

A woman who gave her name as Najat is shown at a press conference in May 2010 holding her French passport. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS FILE

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Did Gadhafi give Sarkozy $50M?

Former French President Nicolas Sarkozy was in police custody Tuesday, apparently under questioning in an investigation linked to allegations that he took $50 million in illegal campaign funds from Libya's Moammar Gadhafi.

But will the shocking detention and sordid case torpedo Sarkozy's chances at a presidential comeback?

Maybe not.

Sarkozy, a political survivor who's been touring the world with his pop singer wife, is still among the most popular politicians in France despite a pile of investigations that target him.

The 59-year-old Sarkozy hasn't been convicted of anything, and he remains well-known on the international stage. And he may be his troubled conservative party's best chance to regain the presidency in 2017, after losing it to Socialist Francois Hollande in 2012.

A judicial official said Sarkozy was detained for questioning Tuesday at the headquarters of the judicial police in the Paris suburb of Nanterre.

French police would not provide any details related to the investigation.

BFM television said late Tuesday night that Sarkozy was transferred to an investigating judge, who could charge him, name him as a witness, or release him.

Sarkozy has vigorously denied wrongdoing.

THE ASSOCIATED PRESS

Former French president Nicolas Sarkozy, 59, remains popular. LIONEL CIRONNEAU/THE ASSOCIATED PRESS FILE

Plots were fantasy

'Cannibal cop' released from jail

A former New York Police Department officer left jail on Tuesday after a judge overturned his conviction in a bizarre case accusing him of plotting to kidnap, kill and eat young women.

Judge Paul Gardephe ruled that there was insufficient evidence to support a guilty verdict in the kidnapping conspiracy conviction of Gilberto Valle, 40.

THE ASSOCIATED PRESS

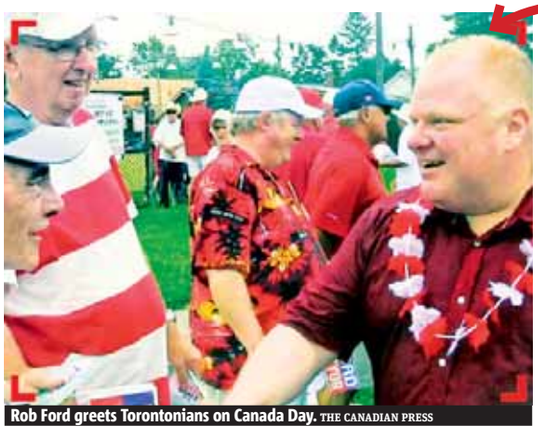
Changing times

Russia abandons endless 'summer'

Russia's legislature has decided to abandon the widely disliked policy of keeping the country on daylight-saving time year-round.

The 2011 move to impose permanent "summer time" forced tens of millions to straggle to their jobs in pitch darkness during the winter months.

THE ASSOCIATED PRESS



Rob Ford greets Torontonians on Canada Day. THE CANADIAN PRESS

AUGMENTED REALITY

→ From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.

metro AR

→ See full instructions on Metro's Voices page.

Ford greeted by boosters, booers during parade

Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said.

Supporter Helen Papathanasakis said he seems to have benefited from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

Others weren't so eager to see Ford among the marchers.

"It's a travesty to have him in the East York parade.… I just don't think I can stand here and not say something against his presence," said Elinor Mahoney. THE CANADIAN PRESS

Flooding causes chaos in Prairies

Saskatchewan and Manitoba. Dozens of communities under states of emergency as heavy rains force more than 500 from homes

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba due to widespread flooding. COURTESY SASKATCHEWAN MINISTRY OF HIGHWAYS

More than 150 acute-care patients and long-term residents were moved from a hospital in eastern Saskatchewan because of flooding.

The full-scale evacuation at St. Peter's Hospital in the city of Melville, about 145 kilometres northeast of Regina, took place because a creek behind the facility was rising Tuesday.

Emergency management commissioner Duane McKay says the water has not entered the hospital and crews are building a berm on a driveway behind the facility.

"The water has not touched the building and the work that's going there is to ensure that it never gets to the building," said McKay.

The evacuation comes because a deluge of rain caused widespread flooding in eastern Saskatchewan and western Manitoba.

Officials had said Monday that parts of southeast Saskatchewan got more than 240 millimetres of rain over the weekend, while some parts of western Manitoba reported more than 100 millimetres. However, those figures came out while the water was still coming down in many communities.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba. That number will likely rise as officials started asking people living along the river in Virden, Man., to leave their homes on Monday night.

Saskatchewan Social Services says communities have stepped up to help each other.

For example, people who fled their homes in Gainsborough, Sask., on Sunday night found themselves welcomed into homes by residents in the town of Carnduff. An emergency shelter set up for the evacuees was empty.

Meanwhile, McKay also says the number of communities under states of emergency has jumped to 53 in Saskatchewan.

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Dov Charney. Founder of American Apparel fights for control of company

American Apparel founder Dov Charney. THE ASSOCIATED PRESS FILE

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998. Charney was able to increase his stake through a partnership with financial firm Standard General, which is lending him the money. But the board is scrambling to make its own moves to keep him out.

Legal experts say the dispute will likely end up in the courts at a tough time for the Los Angeles-based company, which has lost money since 2010. The company, which made its name with American-made goods and provocative advertising, is in a cash squeeze.

"This is going to move from the boardroom to the courtroom," said Jerry Reisman, a partner at Reisman, Peirez, Reisman Capobianco, a law firm based in New York. "Hopefully, it won't undermine the company. This company is very fragile."

In regulatory filings this week, Charney reports he now owns 74.6 million shares as of Friday. Previously, his stake was 27 per cent.

Charney also sent a letter last week to the board seeking a meeting of stockholders on Sept. 25 for the purpose of expanding the board to 15 members, according to the filing. The company said in a regulatory filing late Monday that Charney's request is "invalid" and "improper" because he was suspended as CEO and relieved of all powers to act on behalf of the company.

As a result, American Apparel doesn't intend to call a meeting and "intends to vigorously contest any action seeking to compel the company to do so."

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Gadgets to track your swing, step and shot

Big business. Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a $2-billion industry

LIA GRAINGER
calgary@metronews.ca

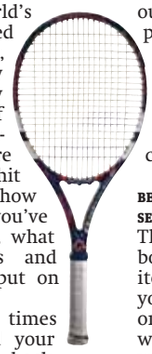
There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice.

Now, thanks to a booming $2-billion digital-health industry, there's a whole range of sport-specific technological gadgets that claim to help both professional and amateur athletes train smarter.

"Never before have you been able to so easily gauge your performance," says columnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, $450



Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, what kind of spins and angles you've put on your shots.

"How many times have you used your forehand and backhand? Now you can get that information," Saltzman says. All of the information can be loaded to a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VÍVOFIT, $150

Activity trackers that count your steps, stairs and strides per day are nothing new, but this bracelet-style fitness band stands out from the pack thanks to its year-long battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.

BEST FOR BASEBALL: EASTON POWER SENSOR, $150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed onscreen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, $150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber for less risky blows to the head and red when the hit is hard enough to merit getting that noggin looked at. Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRIUUM, $150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.

Hobby Lobby

Store owner is 'hero' to the religious right

David Green felt like the black sheep of his family. His five siblings had followed their preacher father into church work; David went into retail.

But as his business successes mounted, he found his religious calling: using the financial might from his Hobby Lobby arts and crafts chain as an engine for evangelism. That mission, until recent years carried out largely within the world of Pentecostal Christianity, took the 72-year-old Green all the way to a landmark victory Monday at the U.S. Supreme Court over the birth control coverage rule in President Barack Obama's health care overhaul.

"They'll be heroes to the very conservative religious people who are very much against abortion," said Vinson Synan, a friend of the Greens and a prominent scholar of Pentecostal history at Regent University.

The justices ruled 5-4 that requiring closely-held companies such as Hobby Lobby to pay for methods of women's contraception to which they object violates the corporations' religious freedom. THE ASSOCIATED PRESS

Dating app

Tinder co-founder hit with sexual harassment suit

IAC/InterActiveCorp has suspended a co-founder of its popular dating app Tinder in the wake of a lawsuit accusing him of sexually harassing a female executive of the company.

The lawsuit, filed Monday in Los Angeles Superior Court, claims that Tinder's founders engaged in "atrocious sexual harassment and sex discrimination" of the woman, Whitney Wolfe. THE ASSOCIATED PRESS

Market Minute

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WELCOME TO FACEBORG

JUST SAYIN'

Paul Sullivan
metronews.ca

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds.

"They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see the more positive your posts will be. And as you might expect, negativity breeds negativity.

We found out only because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hindsight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page.

So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naïve to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO

Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "'Why don't you do something on the First World War?' he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres.

"I'm delighted by this project," said Sacco, according to Le Figaro. "I really believe in public art exhibition, because art is, by its nature, public." THEGUARDIAN.COM

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

- Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.
- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly-planned UN operations during the Bosnian conflict.

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MetroTube

The put-on-your-pants dance

ANDREW FIFIELD
andrew.fifield@metronews.ca

Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)

SCREENGRAB

metro

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DVD review

300: Rise of an Empire

Director. Noam Murro

Stars. Gerard Butler, Eva Green

The mere existence of 300: Rise of an Empire is worthy of note, since Gerard Butler's Spartan King Leonidas and his men achieved "a beautiful victory" but sadly lost their heads in the original film.

In what is neither prequel nor sequel (maybe we should call it equal), we meet the secret weapon of Rise of an Empire: Women.

This highly stylized account, drawn as before from a graphic novel by Frank Miller but under the direction this time of Israel's Noam Murro, has a vibrant lead in Eva Green, playing Artemisia, commander of the Persian navy, who dresses Goth, but acts Amazon.

Packing two lethal blades, she's great, giving Rise of an Empire some badly needed energy.

PETER HOWELL

Sarandon on the road again with Tammy

In the grandmother scheme of things.
Thelma and Louise star compares notes on her new film vehicle

NED EHRBAR
Metro in Hollywood

Susan Sarandon and Melissa McCarthy in Tammy CONTRIBUTED

Twenty-five years after Thelma and Louise, Susan Sarandon is taking a different kind of on-screen road trip with Tammy. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like Ping Pong Summer. And even this, though it stars Melissa McCarthy, is from a first-time director.
Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do Ping Pong Summer. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to Thelma and Louise at all?
You know, it's so funny that we didn't think of Thelma and Louise. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming.... And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting, and I said, "Are you sure you want to do that? We're about to have another anniversary for Thelma and Louise, and I think there's going to be a lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took the car away! But while we were filming it didn't actually come up. Maybe because it wasn't as cool a car, I don't know.

So far during your press tour, how many people have asked to take a selfie with you?
Nobody, nobody! Oh no, one on-camera reporter did. That's so funny that that became such a big thing. We just did it as an afterthought. We did a whole photo session of them uniting us, and there was a Polaroid, and we did do something there. And then we were doing the interview for the Hollywood Reporter, and at the end of it, I said, "Let's just do one," and we did one with my phone. (My dog) Penny tweeted it, and now it's a thing.

AUGMENTED REALITY

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!

metro AR → See the full instructions on Metro's Voices page.

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Selena Gomez ALL PHOTOS GETTY IMAGES

Don't tell Selena, but Biebs was 'getting friendly' with a model at a party

Selena Gomez may not like this. Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

"Justin walked over to Amber's private table and they began chatting," a source says. "They talked for more than 15 minutes and even exchanged numbers. She was smiling and laughing." On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa, but the former Disney star has been known to take issue with Bieber's receiving texts from female pals, as she reportedly did when she found out he'd been in contact with Kylie Jenner earlier this year.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The apple doesn't fall too far from the tree

MELINDA TAUB
Metro in New York City

Addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself. Robert Downey Jr.'s son was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passenger in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on $10,000 US bail. Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Downey Jr.'s been in recovery since 1993, which already makes him a more together dad than his own father, it sounds like.

Cam Gigandet

Gigandet remembers O.C. cast as 'miserable'

Outside of minesweeping in Afghanistan, being a guest star on a teen drama in its third or fourth season has to be one of the worst jobs there is.

By then, everyone seems to hate each other and the show and the fact that they're not movie stars yet (the things we've heard about the latter days of Gossip Girl would curl your hair), and outsiders are bound to get caught in the crossfire.

That's what Cam Gigandet claims happened to him when he guest starred on The O.C. "Ben McKenzie was kind of mean to me. I hadn't done anything at that point and he was a little bit of an ass," he told Elle. "But I love him. I think he's a great actor and I love Southland."

Apparently, McKenzie wasn't the only one making trouble. "I learned a lot. But the things that I remember now — none of them are good. It was only the third or fourth season. Those kids were f—king miserable. They were just — they would not remember their lines on purpose. They were young," Gigandet says.

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LIFE 3

Why not try some island hopping in New York City?

Day tripping. Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

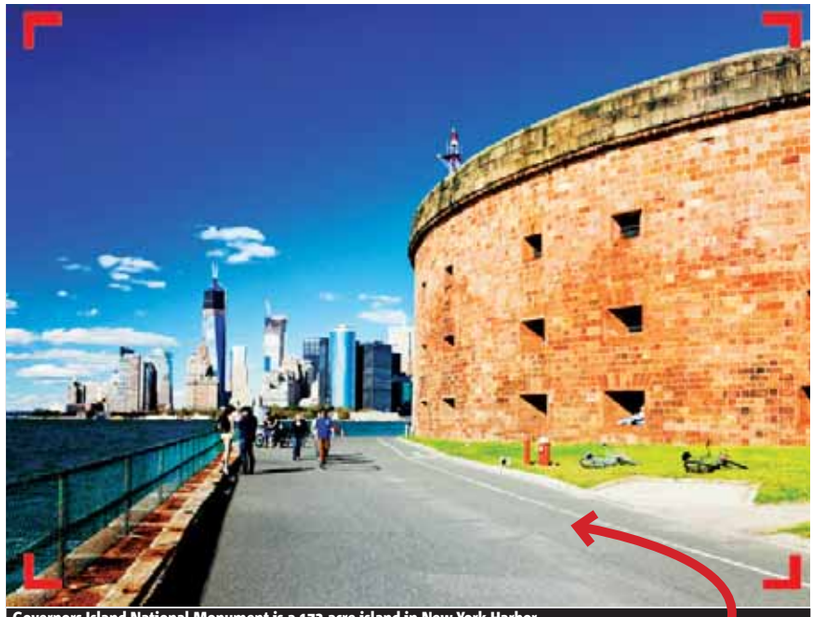
Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water. Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811. The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree. It takes less than an hour to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry or rent bikes, tandem bikes and surreys on the island. The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, $2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, $2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with great views of Manhattan across the way.



Governors Island National Monument is a 172-acre island in New York Harbor.

ISTOCK; AR GALLERY: ISTOCK AND THE ASSOCIATED PRESS

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s. The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in 1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time." An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the Empire State Building, United Nations, Chrysler Building and 1 World Trade Center. The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.

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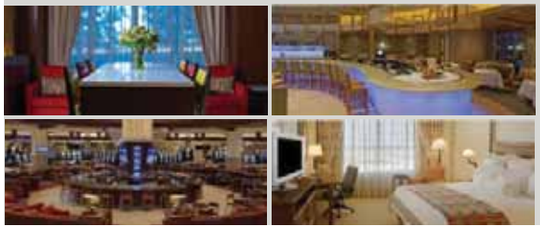

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The town of Sylvan Lake is picturesque. CONTRIBUTED

Wild Rapids Waterslides are a popular stop for vacationers. CONTRIBUTED

There's something about Sylvan Lake

Getaway. A family favourite beach spot makes for a perfect vacation

There are so many activities to do at this hot spot, including chilling in the lake. CONTRIBUTED

JENNIFER ALLFORD
For Metro

Right smack dab between Edmonton and Calgary you'll find Sylvan Lake, a town of about 13,000 that balloons in size every summer as people flock to the beach to enjoy Alberta's brief, but glorious summer.

Only a 20-minute drive from Red Deer, and 90 minutes from Calgary or Edmonton, Sylvan Lake has been Central Alberta's favourite resort town for 100 years and if you haven't been in a while, it's worth a visit to check out the revitalized downtown area.

Lakeshore Drive, once the quintessential strip of slow moving muscle cars checking out the bathing beauties crossing the street to get to the beach, has been rerouted around a big, new, beautiful green space. The $25-million, multi-year project has created Centennial Park, a giant pedestrian and play-friendly area with walkways, picnic areas and plenty of open areas to throw a Frisbee. There are still the muscle cars bikini-spotting on Lakeshore Drive, but little kids don't have to look for them as they run to the water.

Right on the lake, along with families building sand castles, you'll find beach volleyball courts that host a number of tournaments over the summer. As players hit killer spikes in the sand, you can hear the squeals of delight coming down the Wild Rapids Waterslides, where, alongside the slides, there are loads of areas to throw down a blanket and set up shop for the day.

Any visit to Sylvan Lake must include a stop at the Big Moo Ice Cream Parlour, where you will struggle with your most difficult decision of the weekend — choosing from the gazillion flavours and whether you should load them up in a regular or waffle cone.

If the stress is too much, you can scrap the ice cream and get a chocolate M&M-covered pretzel stick.

There's no better way to burn off the sugar rush than strapping on the flippers and splashing around within the large, protected swimming area along the main beach.

You can rent paddle boats and personal watercrafts to venture out in the open water or bring your own boat to wake board, water-ski or go tubing. If you don't want to get your hair wet, you can hit the links at one of many golf courses in the area.

There are plenty of hotels and cabins for rent over the summer and lots of restaurants to enjoy as well, including Smugglers — right on the water with its unparalleled view of all the action on the lake. If you forgot your beach wrap or inflatable crocodile, there are local shops right downtown where you can get supplies or if you need patio furniture or a crate of potato chips, head to one of the big box stores on the edge of town.

While you're there, pick up some black shades to wear to the annual Jazz at the Lake Festival running Aug. 14 to 17. This year's lineup includes Jack Semple, Tuck and Patti, and nearly 100 other artists who play at various indoor and outdoor stages all weekend long.

If you're looking for a quiet weekend, pack the tent and book a spot at Jarvis Bay Provincial Park to go for a bike ride or look for snakes on the pretty trails that wind through the park. Wherever you are around Sylvan Lake, watch the sunset over the water and then light up the fire pit to roast marshmallows and enjoy the summer weekends at the lake.

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Oh Canada! We're one quirky nation

ON THE MOVE
Loren Christie
life@metronews.ca

In honour of Canada's 147th birthday, I thought it would be fun to celebrate our quirky side by testing your knowledge of our country's most unique tourist destinations.

1) Which province is home to the world's largest Ukrainian Easter egg, badminton racket and piggy bank?
a) Manitoba
b) Prince Edward Island
c) Alberta

2) At the top of Whistler, B.C.'s Peak Express Chair there is a collection of what popular child's toy?
a) Rubber ducks
b) Teddy bears
c) Gameboys

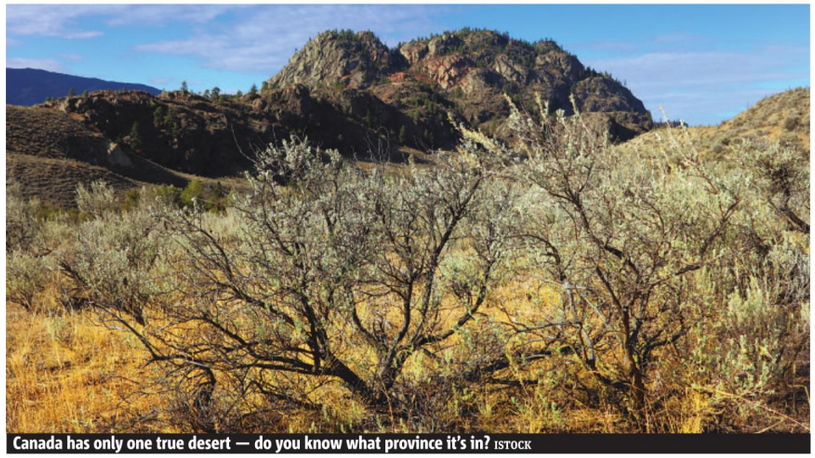
3) At Domaine Pourki on the Richelieu River, just 35 minutes from Montreal, you can stay overnight on the water sleeping in what kind of accommodation?
a) Igloos
b) Teepees
c) Tents

4) Which province is home to the towns of Heart's Delight, Heart's Desire and Heart's Content?
a) Newfoundland
b) New Brunswick
c) Ontario

5) Which Alberta town has become a pilgrimage site for thousands of Star Trek fans?
a) Kirkville
b) Klingon
c) Vulcan

6) The Glass House on the East Shore of Kootenay Lake in British Columbia was built from more than half a million discarded glass bottles. What did they once contain?
a) Milk
b) Mountain Dew
c) Embalming fluid

7) Crooked Bush near Hafford, Sask. is a group of wild aspen trees that twist, loop and bend into a surreal looking forest. University research has concluded this is a result of:
a) A genetic mutation
b) Clay in the soil
c) Strong winds



Canada has only one true desert — do you know what province it's in? ISTOCK

8) In which province can you grab a coffee or bite at one of these fancifully named establishments: The Dancing Goat, The Laughing Whale, The Dancing Moose or The Prissy Pig?
a) Quebec
b) Alberta
c) Nova Scotia

9) Old City Hall in which city is an architectural oddity that contains references to the Masonic order, Celtic mythology and some less than flattering images of the sitting mayor (at the time of construction) by the architect, E.J. Lennox?
a) Winnipeg
b) Toronto
c) Charlottetown

10) Which province is home to Canada's only true desert, complete with sagebrush, cacti and tarantulas?
a) British Columbia
b) Newfoundland
c) Ontario

Answers: 1-c, 2-a, 3-b, 4-a, 5-c, 6-c, 7-a, 8-c, 9-b, 10-a

Bucket list

A wander through the Azores

The nine islands that make up the archipelago of the Azores used to be one of Europe's best-kept secrets. Lush and green despite being made up of 1,766 volcanoes, this autonomous region within the Portuguese state has made great gains since the 1970s, when it was still a relatively poor fishing outpost. Island life in the Azores teems with opportunities for visitors to sail, dive, go deep-sea fishing and explore more than 120 geotourism sites — everything from volcanic caves and ravines to hot springs. The best time to go is August and September. Check out flights from Toronto or Montreal to Ponta Delgada via SATA airlines at sata.pt.

DOUG WALLACE/METRO

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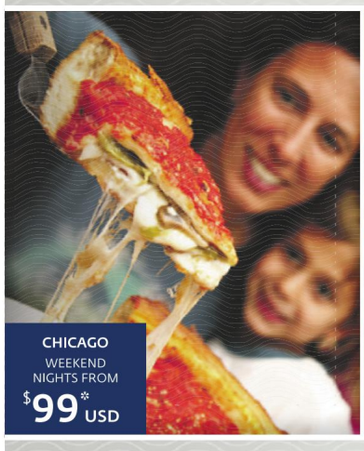

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Enjoy your dinner out in the open

Open-Face Chicken Sandwich. This simple meal is not only filling, but offers up a wide range of textures that will make it a favourite

DINNER EXPRESS
Emily Richards
food@metronews.ca

This sandwich used to be a big favourite when I worked in restaurants. Packed with fibre and spiked with a tangy spread, it will keep you going for the rest of the evening. Besides, in the hot summer weather, sandwiches are a great dinner option.

Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal.

FLASH FOOD

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To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Make the most of summer by keeping cool in the kitchen and enjoying delicious food outside.

Also, try grilling up some extra chicken one night to enjoy another time. It takes no effort at all to have extra protein grilling while dinner is being prepared so you can plan ahead for the next night or even a fabulous lunch.

Ingredients

Sandwich Spread

- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich

- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss cheese

This recipe makes four servings. EMILY RICHARDS

1. Sandwich Spread: In a small bowl, stir together the Greek yogurt balsamic vinegar, cooked and finely chopped egg, minced green olives, minced red bell pepper and Worcestershire sauce. Divide evenly among bread and spread. Top with chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place the prepared sandwiches on a baking sheet and bake them in 400 F (200 C) oven for about 10 minutes or until the cheese melts and bread is slightly toasted.

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Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN MARINIGH
TalentEgg.ca

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Not being prepared

This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling you, be ready well in advance.

Put yourself in professional mode when chatting to your potential employer by picking yourself up out of bed and docking yourself at a desk. ISTOCK

Double-check you have good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up (notebook, resumé, job description, etc.).

Not acting professional

Remember that every interview is a professional undertaking, even if it isn't conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person interaction.

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Do not eat or drink during your interview, and make sure that you are in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you are using the phone for an interview — this way, you won't get your parents picking it up in another room, awkwardly interrupting.

Other things that can help put you in the professional mindset include sitting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively

Just like you would in an in-person interview, ask questions. Always have a list prepared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get a better idea of the work environment, and whether you could see yourself working there.

Don't forget to close by thanking the interviewer before saying goodbye.

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TalentEgg #QuestionoftheDay: Everyone has a childhood dream job for when they "grow up." What was yours?

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Can't remember...I'm too old (losing my memory) but I am doing my dream job now @ RBC4Students!

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I always dreamed about being an engineer! (inspired by my dad)

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my childhood dream job was a Marine Biologist, thanks to Free Willy of course. #QuestionOfTheDay

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Tightening the professional chain on LinkedIn

Social media success. Get ready to unleash the power of this professional platform using two easy tricks

LAUREN MARINIGH
TalentEgg.ca

A quality LinkedIn profile is arguably just as useful as a great cover letter and resumé. This is especially true if you're looking to network and build your personal brand.

Yet many would-be hires are making simple LinkedIn mistakes without even realizing it.

Avoid all of that and prepare to impress future employers instead.

Here are two common LinkedIn 'Don't's' and advice on how you can build your online presence.

A lacklustre headline

Your profile needs a solid and engaging headline; it's the first thing people see after your photo.

By default, your headline will appear as the title of your current position. Avoid this.

Think of the terms that future employers may be searching for when looking for someone with your skills. Do some research to get started.

Don't try and write the perfect headline in one go — brainstorm ideas and write as many as you can before fine-tuning and making your decision.

Staying silent

Like any social media platform or networking resource, you need to invest time and energy in LinkedIn to see results.

While your employment information may not change on a regular basis, you should update your status and get involved on LinkedIn on a regular basis.

You can share valuable and interesting articles you read, comment in LinkedIn group discussions, and share your input on other people's statuses.

This activity keeps you on the radar of those inside and outside of your network and builds your presence in other people's newsfeeds.

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'Round the world wisdom

Declaring an end goal adds the push when it comes to shove

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The strength of a declaration provided the will for one marathoner to push through her extreme exhaustion. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

"Over my dead body will I not finish this race," was what Toronto's Alison Simpson said to me while semi-conscious and being injected with two 1-litre bags of saline IV to restore some energy to her severely dehydrated body.

As I walked her back to her tent around 8 p.m., all I could do was to offer some encouragement while thinking to myself she was "done." Alison looked in no shape to continue. After completing four marathons in four days, we were facing the dreaded 100-kilometre double marathon the next day. But the next morning, to our collective amazement, there she was at the starting line — 15 hours away from finishing a slow but steady run to complete the event and keep her promise to herself and anyone who would listen. Looking back on that day, I can say everyone was surprised but Alison: Her declaration was a promise that gave her the will to push through, never considering the alternative.

Alison was part of a group of close to 20 Canadians who had agreed to run the Sahara Race 2011 with me. During training alone, half of our running community had quit, falling victim to the law of diminishing intentions. Of those who made it to the starting line, two quit on the second day, another on the third. It looked like Alison had plenty of reasons to pull out, too.

Each of our colleagues who had given up and watched the race from the sidelines realized they could have completed the event had they not succumbed to their feelings — instead of remaining committed to finish. Of course, none of them had made the pronouncement Alison did.

In multi-day ultra-marathons, the level of pain and discomfort is more or less the same for all the athletes. It is what we add to the actual pain, whether we allow it to become "larger than life," that determines if we will push through or not. Irrespective of the amount of pain Alison was experiencing, to this day I believe she would have crawled 100 kilometres if that's what was necessary to keep her word. Be it in the desert or another of life's obstacles or challenges, it is much easier to push through if we declare our end goals and block the alternatives, no matter how hard it will be to realize them.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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SPORTS 4

Canada Day brings three new Flames

Shopping spree. Brad Treliving signs Deryk Engelland, Mason Raymond and Swiss goalie Jonas Hiller

New Calgary Flames general manager Brad Treliving said last week he was in the market for a defenceman with a right-handed shot. He got one Tuesday, along with added insurance in net and some offence up front to replace the departing Mike Cammalleri.

Calgary came to terms with tough defenceman Deryk Engelland, who received a significant pay raise in a three-year deal worth US$2.9 million per year. Engelland's salary with Pittsburgh last season was $575,000.

The Flames also signed local winger Mason Raymond to a three-year, $9.5-million deal and Swiss goaltender Jonas Hiller to a two-year, $9-million contract.

"The (length of) term was very important for us," Treliving said Tuesday.

"We wanted to keep things three years and under, which we've done on all these contracts.

"Term in a cap system is what strangles you. You see a lot of long-term deals bought out."

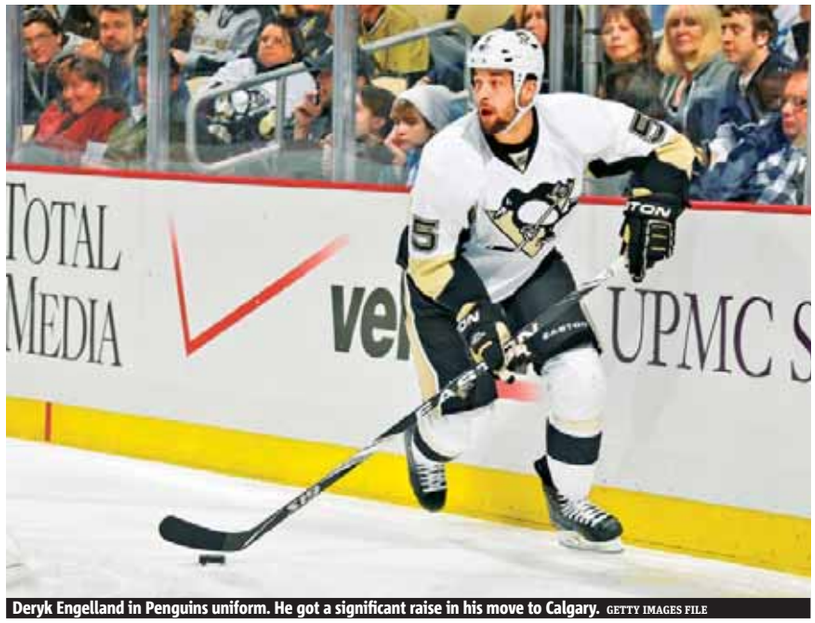
Calgary has money to spend under the salary cap and closed in on the cap floor of $51 million Tuesday. The maximum is $69 million. The Flames have missed the playoffs five straight seasons.

The 32-year-old Cammalleri didn't re-sign with the Flames, despite Calgary's efforts to keep him in the flaming C. Treliving said the Flames offered the forward "significant dollars," but the term "was probably not going to work."

Cammalleri entered the free agent market Tuesday and quickly emerged with a five-year, $25-million deal with the New Jersey Devils.

Cammalleri had a team-high 26 goals as well as 19 assists in 63 games for the Flames in 2013-14.

THE CANADIAN PRESS



Deryk Engelland in Penguins uniform. He got a significant raise in his move to Calgary. GETTY IMAGES FILE

Former Flame

Iginla signs with Avalanche

The Colorado Avalanche added a career 560-goal-scorer in Jarome Iginla shortly after losing a fan favourite in Paul Stastny.

The Avalanche signed Iginla to a three-year, $16-million deal on Tuesday.

Iginla played last season with the Boston Bruins and had 30 goals in 78 games. He will be counted on to help fill the scoring void left by Stastny, who signed a four-year, $28 million deal with division rival St. Louis earlier in the day. Stastny spent his entire career with Colorado after being drafted in 2005.

Iginla is a six-time All Star who turned 37 on Tuesday. He's played in 1,310 regular season games with Calgary, Pittsburgh and Boston.

THE ASSOCIATED PRESS

Go to metronews.ca for more coverage of Tuesday's wild start to NHL free agency.

New goalie

Canucks sign Ryan Miller

The Vancouver Canucks acquired a much-needed veteran goalie Tuesday, signing free agent Ryan Miller to a three-year deal worth US$18 million.

The Canucks needed a proven netminder after trading Cory Schneider and Roberto Luongo in the past 13 months and missing the playoffs this season. Miller was seen as the best goalie on the free-agent market.

THE CANADIAN PRESS

Settling in

Wild quickly grab Thomas Vanek

The Minnesota Wild made another splash in free agency signing Thomas Vanek, one of the top players available.

He agreed to terms on a three-year contract with the Wild shortly after free agency officially began. The left wing will get a chance to settle in after playing for three teams last season.

THE ASSOCIATED PRESS

Another scorer

Blackhawks ink Brad Richards

The Chicago Blackhawks have signed Brad Richards to a one-year deal, bolstering their group of centres with another proven scorer.

Richards had 20 goals and 31 assists in 82 games for the New York Rangers last season, and then had 12 points in the playoffs to help his team make it to the Stanley Cup finals.

THE ASSOCIATED PRESS

U.S. sub-marined by Belgian onslaught

World Cup. 'Keeper Howard shines bright despite elimination on wild day in Brazil

The World Cup still has Lionel Messi. Tim Howard is heading home despite a heroic display of goalkeeping.

A moment of Messi inspiration helped lift an unconvincing Argentina to a 1-0 win over Switzerland after extra time in the Round of 16 on Tuesday, creating the goal scored by Angel Di Maria in the 118th minute.

Howard's stunning performance could not stop the Americans falling to a 2-1 extra-time loss against Belgium.

The veteran 'keeper repelled most of Belgium's 27 shots on target but was finally beaten by Kevin De Bruyne in the 93rd and substitute Romelu Lukaku in the 105th.

U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. Scan the image with your Metro News app to view more images of the day's action.

LAURENCE GRIFFITHS/GETTY IMAGES

"He had an absolutely amazing match tonight and you just have to give him the biggest compliments in the world," U.S. coach Jurgen Klinsmann said.

Teenager Julian Green's 107th-minute goal sparked concerted U.S. pressure but they could not find a leveller.

Argentina now faces Belgium in the quarter-finals.

Anticipation was soured a little Tuesday by fixing allegations from earlier matches at the World Cup.

Cameroon's football federation said it would investigate after the team's integrity was questioned. German magazine Der Spiegel claims convicted match-fixer Wilson Raj Perumal correctly predicted in exchanges with a reporter that Cameroon would lose 4-0 to Croatia and a player would be sent off before halftime.

"Yes, I have been told about this, but let them do their work on this investigation," FIFA president Sepp Blatter told reporters Tuesday.

THE ASSOCIATED PRESS

Tennis

Raonic, Bouchard rising at Wimbledon

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era, which began in 1968.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a 7-6 (5), 5-7, 7-6 (5), 6-2 win later Tuesday.

Bouchard made her way there on Monday with a defeat of Alizé Cornet. She will face off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova 7-6 (7-4), 4-6, 6-4.

THE CANADIAN PRESS

MLB

Hutch clutch as Jays end 3-game skid

The Toronto Blue Jays have come close to falling out of first place in the American League East thanks to a recent slide.

An excellent start from Drew Hutchison and the return of Jose Bautista helped provide a little breathing room in the divisional race while ending a three-game losing skid at the same time.

Hutchison struck out a season-high 10 batters and Bautista belted one of two Toronto homers as the Blue Jays defeated the Milwaukee Brewers 4-1 in front of a sellout crowd on Canada Day at Rogers Centre.

The Toronto right-hander was dominant early on, retiring the first 14 batters he faced. Three relievers combined on the four-hitter as the Blue Jays moved 1-1/2 games ahead of second-place Baltimore.

"When he's on, he's on," Toronto manager John Gibbons said of his starter.

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2015 Ford Fiesta ST

- **Type.** Five-door, front-wheel-drive subcompact hatchback
- **Engines (hp).** 1.6-litre inline four-cylinder (197)
- **Transmission.** Six-speed manual
- **Base price.** $26,064

Market position

Well-known European "hot hatch" now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford's global performance badge.

Points

- One of the quickest "little" cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground that other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km

The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It's a completely different animal.

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

The Ford Fiesta ST is a great "hot hatch" in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our new five-door ST doesn't look quite as cool as Europe's new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Bock.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in "hurt your eyes" red. These seats are super firm and have huge side bolsters.

The ST is the most expensive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff "summer" performance tires can't help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

Compare

PHOTOS: CONTRIBUTED

1 Fiat 500 Abarth
Base price: $26,190
Fiat 500's performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.

2 Mini Cooper S
Base price:$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.

3 Chevrolet Sonic RS
Base price: $25,645
Not in the same performance league as the others, but lots of bang for the buck.

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Shift: See world in a new way with glasses that identify charging stations, tomatoes as car parts

You say tomato, I say saucy car parts

Ford and Heinz are studying the potential use of turning waste tomato peel into vehicle parts, reports emerging technologies website Gizmag. Their investigation stems from Heinz's attempts to find new uses for byproducts (peel, stems and seeds) that go to waste when turning tomatoes into ketchup. Waste savings could be significant, given that Heinz turns more than two million tonnes of tomatoes into ketchup every year. The basic process to make vehicle parts involves crushing the peel into pulp before turning it into tomato fibre pellets and mixing with other undisclosed materials. The result is completely odourless, though researchers report that it does smell like pizza during the moulding process.

When Heinz makes ketchup, it doesn't use the peels. Could they be turned into vehicle parts?

ALL PHOTOS AND TEXT WHEELBASE MEDIA

Honolulu site of most congested highway in U.S.: Google Maps

The most congested highway in the United States isn't in California, nor is it in New Jersey, as one might expect, even if California roadways occupy three of the top five places. According to Google Maps it's in the most unlikely of paradises: Interstate H-1E, Kalihi-Palama in Honolulu, Hawaii. Hellish on the best of days, the Honolulu highway tops Google's lists of most congested roads and cities in all the United States. California holds spots two and three with Interstate 5N in San Diego and California 2E in Los Angeles and rounds out No. 5 with U.S. Highway 101 Hollywood. The top five most congested cities are Honolulu, Chicago, Ill., New York City, N.Y., Los Angeles, Calif., and Boston, Mass., respectively.

While Hawaii is a tropical paradise, getting around Honolulu on the island of Oahu is the opposite of paradise.

Shift points

- The Union of Concerned Scientists found that 42 per cent of U.S. households with a vehicle could meet their driving needs using one of the electric cars currently available.
- A new app for the Google Glass wearable computer by software developer SemaConnect helps electric-vehicle drivers find places to re-charge. It allows drivers to locate the nearest charge station within about 30 kilometres, then finds it through turn-by-turn directions.

Google Glass.

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MAKIN IT EASY FOR 25 YEARS

5 of the screen's slickest black rides

Recently released pics of the next edition of the Batmobile have already upstaged the news that Ben Affleck will be the next Batman. But will the latest version of caped crusader's rocket-fuelled Gotham street racer be the coolest dark ride on screen? When it comes to black cars, the competition is pretty steep.

MIKE DOJC
drive@metro.ca

1965 Lincoln Continental Convertible

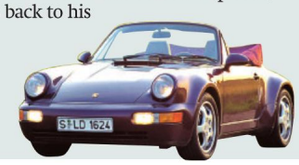
Entourage

Turtle drives this 1965 Lincoln Continental convertible with Vince shotgun and Drama and E in the back during Entourage's opening credit sequence. Jane's Addictions' Superhero blares while the camera leers at its glossy black painted body panels and sumptuous black leather interior. As this 5,500-pound steel car star cruises down neon-flecked Sunset Boulevard, we get lingering glances at everything from the hood ornament, chrome body trim, and prominent taillights to the ride's vaunted rear suicide doors.

1990 Porsche 911 (964) Carrera Cabriolet

Californication

True to Californication,during the test drive of this later model of his go-to car, Hank Moody (David Duchovny) and the car sales-womanfind themselves joining, or in Moody's case probably just updating his membership in, the illustrious ranks of the sex-in-the-front-seat-of-a-sports-car-that-can-go-0-60-in-under-six-seconds club. The Porsche upgrade doesn't go all well. Later in this Season 1 episode, he's carjacked and goes back to his trusty 1990.



1983 GMC Vandura

The A-Team

A four-man crack commando unit of Vietnam vets for hire required a set of wheels as badass as the series breakout star who drove it. B.A. Baracus (Mr. T) probably pitied the fools and suckas tooling around in plain-Jane Ford Econoline vans. The iconic black-and-metallic-grey Chevy van with red turbine mag wheels and a defining red stripe was perfect for chasing down baddies, making insane car jumps, and stowing an endless supply of Hannibal's crazy disguises.

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Knight Rider

The novelty of a talking car in an era before turn-by-turn navigation easily beat out Hasselhoff, then in the height of his himbo powers, for top billing on Knight Rider. Voiced by William Daniels' gentle dulcet tones, this sentient supercar with an almost overbearingly paternal instinct for its favourite passenger was equipped with everything from flamethrowers and lasers to knockout gas. Take all the gadgetry and whiz-bang capabilities of the entire James Bond canon and multiply that by 100, and you begin to scratch the surface of this bad boy's arsenal.

The Bluesmobile: 1974 Dodge Monaco

The Blues Brothers

A baker's dozen Bluesmobiles were used and abused by Jake (John Belushi) and Elwood (Dan Aykroyd) in the making of the film. Considering this 1974 Dodge Monaco black-and-white cop car possessed X Games skills, turning back-flips, jumping a drawbridge, and achieving hang time ridiculous enough to make Travis Pastrana's antics seem pedestrian, that should be no surprise. Toss in 60 cop cars to give our heroes chase and you had yourself a demolition derby. Upon its release, Blues Brothers owned the record for the number of cars totalled while filming a movie.

Horoscopes

♈ Aries
March 21 - April 20
You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

♉ Taurus
April 21 - May 21
Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

♊ Gemini
May 22 - June 21
You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

♋ Cancer
June 22 - July 23
For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

♌ Leo
July 24 - Aug. 23
Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

♍ Virgo
Aug. 24 - Sept. 23
What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

♎ Libra
Sept. 24 - Oct. 23
Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

♏ Scorpio
Oct. 24 - Nov. 22
You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

♑ Capricorn
Dec. 22 - Jan. 20
What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

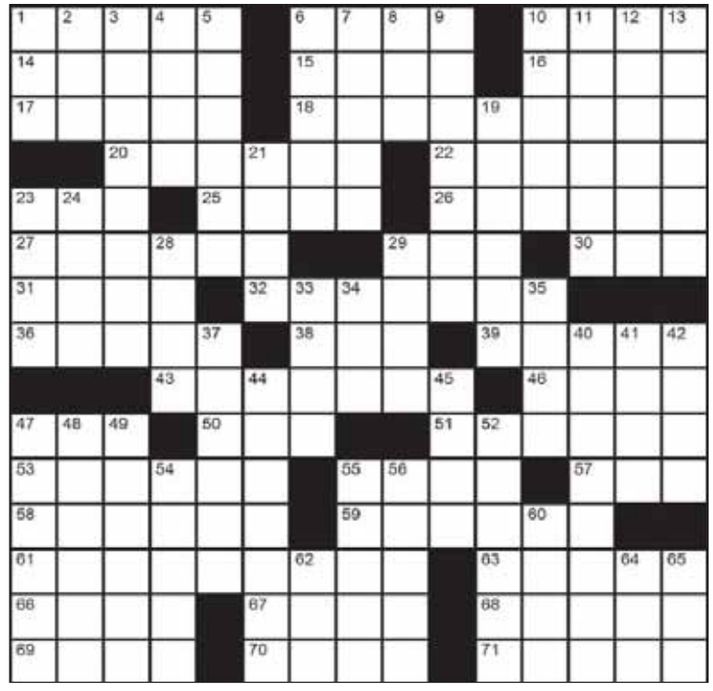
♒ Aquarius
Jan. 21 - Feb. 19
Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

♓ Pisces
Feb. 20 - March 20
Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



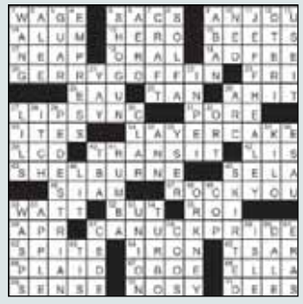
Across

1. Fast food gig, colloquially
6. "__ __ surprised as you!"
10. Group
14. Tacky
15. "America's Got Talent" host Mr. Cannon
16. 'Chick' suffix
17. Divvy up
18. __ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
20. Warders at the Tower of London
22. Looked
23. Play part
25. Broad
26. One of Canada's 'Famous Five', Irene __ (b.1868 - d.1965)
27. Brings forth
29. Ms. Streep, to pals
30. 'Lion' suffix
31. Magazine like Glamour
32. Distinctly
36. Curious sort
38. Dinghy director
39. Like a lotus position
43. Aquatic bird
46. Baie-D'__ (Montreal suburb)
47. __ Lanka
50. Sixers
51. From longest ago
53. Soldier-to-Sergeant reply!: 2 wds.
55. Concept
57. __-hoo!
58. Squashes
59. P.K. __ (Montreal Canadiens player)
61. Largest mammal: 2 wds.
63. Honda car
66. Certain cheers
67. Mr. Hershiser
68. Guitar __
69. Vega constellation
70. Drenches
71. Cranky

Down

1. Booker T.'s backup
2. Pen part
3. "Guns + Ammunition" is by what Toronto band?: 2 wds.
4. Garfield's pal
5. Ottawa, formerly
6. __ a deal
7. Global TV's "Rookie Blue" actor, Travis __
8. Expert
9. "Gilligan's Island" character
10. Canadian journalist Morley
11. Gertrude __ (1926 English Channel swimmer)
12. Hollywood's humans
13. 26th Pres. Mr. Roosevelt's
19. Almost
21. Catchall category, curtly
23. On the ocean
24. Mil. ranks
28. "Pee-__ Big Adventure" (1985)
29. Crumbly soil
33. Bonfire needs
34. Perrier, par exemple
35. "__ better believe it!"
37. Critique
40. __ __ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
41. "Assuming that's true...": 2 wds.
42. Tip to 'logy' (Study of whales and dolphins)
44. Snowbirds display: 2 wds.
45. Songstress Lisa
47. Icon
48. Truly
49. Royal Canadian Mint, coins-___
52. Canadian brewer
54. "__ _ Lady" by Tom Jones
55. Little land-on-water
56. Sword fights
60. Missed _ __ (Thespian's mistake)
62 "Right you __!"
64. Soak flax
65. 'Diction' suffixarean contraction

Monday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				4		1	3	
	9		8	5		7		
					2			
	7	3				9		1
6								3
9		2				4	8	
			9					
		5		3	7		6	
	1	9		8				4

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	6	8	3	2

Weather

TODAY	THURSDAY	FRIDAY
MAX: 27° MIN: 13°	MAX: 29° MIN: 15°	MAX: 26° MIN: 13°

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$9,468

2007 Hyundai Elantra GL B5817
103,283 km • Auto • A/C
$9,468 OR $88/BW

2007 Suzuki SX4 B5825
69,000 km • 5-Spd. Man. • Pwr. Windows • AM/FM CD
$9,969 OR $94/BW

2005 Honda Civic SI B5749A
97,412 km • 5-Spd. Man. • Sunroof • A/C
$10,468

2010 Honda Fit DX FE0756A
72,300 km • 5-Spd. Man. • Pwr. Windows/Mirrors
$11,969 OR $83/BW

2008 Ford Escape Limited AE0306A
160,198 km • Sunroof • Alloys • Leather
$12,369 OR $99/BW

2006 Mazda Tribute GT V6 B5854
116,200 km • Sunroof • Leather • Cruise
$12,369 OR $157/BW

2010 Hyundai Sonata GL B5798
100,025 km • Auto • Cruise • Keyless Entry
$13,369 OR $94/BW

2010 Honda Civic DX-G SE0297A
69,000 km • 5-Spd. Man. • Cruise • Keyless Ent.
$13,369 OR $99/BW

2011 Honda CR-Z Hybrid B5839
15,000 km • 6-Spd. Man. • Bluetooth • Cruise
$17,369 OR $112/BW

2012 Honda Civic EX CE0822A
51,121 km • Auto • Bluetooth • Alloys
$17,369 OR $112/BW

2008 Honda Ridgeline EX-L B5764
157,307 km • Leather • Sunroof • Keyless Entry
$19,369 OR $160/BW

2008 BMW 335 Xi AWD B5743A
142,000 km •Auto • Leather • Sunroof
$19,957 OR $172/BW

2011 Hyundai Genesis 2.0 B5863
85,000 km • Auto • Bluetooth • Alloys
$19,969 OR $131/BW

2010 Hyundai Santa Fe Limited B5801A
103,451 km • Alloys • Bluetooth • Leather • Nav
$20,969 OR $156/BW

2011 Hyundai Sonata Limited SE0078A
14,652 km • Auto • Leather • Bluetooth
$22,069 OR $146/BW

2007 Lexus GS350 AWD B5761
91,272 km • Auto • Alloys • Leather • Bluetooth
$23,969 OR $257/BW

2009 Infiniti G37 Luxury AWD B5793
68,100 km • 7-Spd. Auto • Leather • Sat. Radio
$24,369 OR $214/BW

2011 Kia Sorento EX AWD B5802
74,388 km • Nav • Leather • Sunroof • Bluetooth
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